HEALTH

Good Health Habits for Preventing the Flu

The single best way to prevent the flu is to get vaccinated each fall, but good health habits and antiviral medications are other measures that can help protect against the flu.

1. **Avoid close contact.**
   Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.

2. **Stay home when you are sick.**
   If possible, stay home from work, school, and errands when you are sick. You will help prevent others from catching your illness.

3. **Cover your mouth and nose.**
   Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick.

4. **Clean your hands.**
   Washing your hands often will help protect you from germs.

5. **Avoid touching your eyes, nose or mouth.**
   Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.

6. **Practice other good health habits.**
   Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.

Visit the Centers of Disease Control and Prevention at www.cdc.gov to learn more about flu immunization.